

THE REGGIE LEWISTRACK  
& ATHLETIC CENTER AT  
ROXBURY  
COMMUNITY  
COLLEGE



*9th Annual Senior Citizen  
Thanksgiving Luncheon  
November 18, 2005  
11:30 am - 3:00 pm*

## **Sensational Seniors**

Over 100 seniors ranging in ages from 65-93 participate in our fitness programs. Fitness programs such as walking, weight lifting, aerobics, and formal exercise classes are components of this program. As a group, the Sensational Seniors coordinate field trips to historic sites around Massachusetts, community events, and volunteer their services at the Reggie Lewis Center and community events hosted by the Center.

They are one of the most consistent exercise groups at the Center. They have been featured in the Boston Globe, Channel 7 and other local papers. They are truly sensational. For more information, contact Fitness Coordinator Cheryl McDermott at (617) 541-3535 ext. 460.



## **Program**

- Registration
- Welcome

Nancy Sheehan, Scheduling & Events Manager, RLTAAC

Keith McDermott, Director, RLTAAC

Dr. Brenda Mercomes, V.P. of Academic Affairs, RCC

- Invocation

James Hardaway, RLTAAC Sensational Senior

- Lunch is Served
- Entertainment

RLTAAC Dance Performance by Fred Hayes

Paige Academy Dancers & Drums

Music by C.C. Sounds and Dancing

**Special Thanks To:**

**Gina Bennet, Nubian Notions**

**D.J. Charles, C.C. Sounds  
D.J. & M.C. Services**

**Randy Davis, Freedom Café**